



# Triathlon for Women: Everything you need to know to get started and succeed

*Charlotte Campbell*

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Triathlon for women is dedicated to all women who are either thinking of getting into triathlons or have done a number of races and want to improve. Written by a female athlete who has been a triathlon champion this comprehensive book covers all you need to know from start to finish. In this book you will learn tones of great information from start to finish including..

- Understand the sport of triathlon “what is triathlon and how does it work?”
- Developing a training plan which simplifies your season and your life
- Train effectively so you minimise the risk of getting injured and maximise your time
- Stop you making the mistakes which cost a lot of time and money
- Make you feel confident when you are on the start line
- Decide what race length is best for you from sprint to Ironman
- Buy the right triathlon kit to suit your ability and your aspirations
- Bike maintenance and other useful specific tips and tools

A personal note from the author:

“When I started racing I was really scared and did not know what I was doing. I did my first race because a friend entered me into it! After that race I was hooked and trained using the information I have put into this book and won many races. I wish I had this information when I started and was racing as it would have helped me so much, which is why I decided to write it down for all women who want to get to grips with the sport or take time off their PB’s”

“Triathlon for Women” is the start to finish complete guide which covers all the areas of training and racing including:

- Where to start – types of races, what you need to know and where to begin
- Jargon buster – helping you understand the terms of the sport so you can understand what people are talking about when they say “T1” or “Brick”!
- Training rules and techniques
- Swimming technique and etiquette
- Running technique and how to prevent injury and run faster
- Cycling in a pack what to do and what not to do

- Transition – how to lay it out, what to bring and how to be effective
- Understanding nutrition and why it is key, how best to manage your nutrition and what is best to eat for triathlon training and racing
- Race day – what to look out for, how to prepare and what to expect

This guide takes you from start to finish so you can feel confident and comfortable when you train and race. Here are some of the comments we have had from readers...

I loved this book!

I have completed in quite a few triathlons, sprint and Olympic distance. This book really simplified what is important to focus on. There is so much to know and learn that sometimes you feel overwhelmed. It is an easy, entertaining read but packed with good knowledge that made a big difference to my racing.

Emma Sawyers, World Games triathlon gold medallist

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### **From reader reviews:**

#### **Michelle Han:**

Reading a guide tends to be new life style with this era globalization. With studying you can get a lot of information that may give you benefit in your life. Using book everyone in this world may share their idea. Books can also inspire a lot of people. Lots of author can inspire their own reader with their story or even their experience. Not only situation that share in the guides. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on this planet always try to improve their proficiency in writing, they also doing some exploration before they write for their book. One of them is this Triathlon for Women: Everything you need to know to get started and succeed.

#### **Brian Rutt:**

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Triathlon for Women: Everything you need to know to get started and succeed, it is possible to enjoy both. It is great combination right, you still wish to miss it? What kind of hang type is it? Oh come on its mind hangout men. What? Still don't obtain it, oh come on its identified as reading friends.

#### **Avis Marguez:**

Triathlon for Women: Everything you need to know to get started and succeed can be one of your basic books that are good idea. We recommend that straight away because this guide has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to put every word into satisfaction arrangement in writing Triathlon for Women: Everything you need to know to get started and succeed but doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource data that maybe you can be one among it. This great information may drawn you into completely new stage of crucial considering.

#### **Christopher Gobert:**

That e-book can make you to feel relax. That book Triathlon for Women: Everything you need to know to get started and succeed was colorful and of course has pictures on there. As we know that book Triathlon for Women: Everything you need to know to get started and succeed has many kinds or type. Start from kids until young adults. For example Naruto or Investigation company Conan you can read and believe you are the character on there. Therefore , not at all of book tend to be make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book for you personally and try to like reading that will.

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